

**Group Exercise Schedule**  
**Effective Date: December 2015**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Classes</b>				
	<b>Power Pump</b> 6:30 – 7:30AM Marena (L- 2, 3)		<b>Power Pump</b> 6:30 – 7:30AM Marena (L- 2, 3)	
	<b>*Intro to Strength Training</b> 7:35 – 8:05AM Marena (L- 1, 2)		<b>*Intro to Strength Training</b> 7:35 – 8:05AM Marena (L- 1, 2)	
<b>Mid-Day Classes</b>				
<b>*Stretch</b> 11:00 – 11:30AM Caryne (L- 1)	<b>*Qi Gong</b> 10:45-11:15AM Terry (L- 1) <b>*Starts December</b>	<b>Interval Training Group</b> 11:00 – 11:45AM Kyle Allen (L- 2, 3) <b>Meet at the LDC</b>		
<b>Spinning</b> 11:30- 12:20PM Caryne (L- 1, 2, 3)	<b>Iyengar Yoga</b> 11:30 – 12:20PM Laurie (L- 2, 3)	<b>Light &amp; Low</b> 11:00 – 11:45AM Joy Hirabayashi (L- 1)	<b>Iyengar Yoga</b> 11:30 – 12:20PM Laurie (L- 2, 3)	
<b>Strength Intervals</b> 12:30 – 1:20PM Eric (L- 2, 3)	<b>Turbo Kick</b> 12:30 – 1:20PM Tony (L- 2, 3)	<b>Power Circuit</b> 12:30 – 1:20PM Caryne (L- 2, 3)	<b>Turbo Kick</b> 12:30 – 1:20PM Tony (L- 2, 3)	
<b>Evening Classes</b>				
<b>Flow Yoga</b> 5:30 – 6:30PM Tammy (L- 2, 3)	<b>Spinning</b> 4:30 – 5:30PM Gina (L- 1, 2, 3)	<b>Core Training</b> 4:00 – 4:45PM Gina (L- 2 ,3)	<b>Strength Intervals</b> 4:30 – 5:30PM Eric (L- 2, 3)	

**\*Participate in your work clothes. No exercise clothes needed!**

Instructors			
Emily Rada	Laurie Krause	Tammy Kolda	Marena Drlik
Tony Onadele	Eric Gabbani	Terry Spraggins	Joy Hirabayashi-Dethier
Kyle Allen	Gina Madison	Caryne Mount	Andrew Miller
Classes			
<b>Cardio Classes:</b> Spin, Power Circuit, Turbo Kick, Interval Running Group, Light & Low, Strength Intervals		<b>Strength Classes:</b> Power Pump, Power Circuit, Core Training, *Intro to Strength Training, Light & Low, Strength Intervals	<b>Relaxation &amp; Flexibility Classes:</b> Yoga, *Qi Gong, *Stretch
Class Descriptions			
<b>Core Training:</b> Level 2, 3	Improve your stability, strength and balance through training your core. A strong core not only makes you look better but will help with back pain. This class utilizes medicine balls, stability balls, and body weight to build up your core muscles.		
<b>Flow Yoga:</b> Level 2, 3	The class is called “flow” because the poses will be connected in a flowing sequence. Contact Tammy Kolda for any schedule changes. Tgkolda@sandia.gov		
<b>Interval Training/Running Group:</b> Level 1, 2, 3	Walker, joggers and runners are encouraged to participate! Interval training uses repeated bouts of faster pace, higher intensity followed by slower pace/lower intensity. Go at your own pace and fitness level! <b>Meet at the LDC</b>		
<b>*Intro to Strength Training :</b> Level 1, 2	This is an entry level workout. Class will focus on strength training the major muscle groups- legs, chest, back, and core- all done in 30 minutes. Light dumbbells, barbells, and body weight will be used.		
<b>Iyengar Yoga:</b> Level 2, 3	This method of Yoga focuses on the structural alignment of the physical body through the development of asanas (posture). Asanas aims to unite the body and mind for health and well being.		
<b>Light &amp; Low:</b> Level 1	Learn basic cardio & sculpting moves and find the modifications that fit your body in this fun 45-minute Level I class. Light cardio, toning with hand weights, and ab exercises will help you maintain your healthy lifestyle!		
<b>Power Circuit:</b> Level 2, 3	This circuit training class concentrates on full body sculpting while keeping your heart rate up. Exercises will include use of light weights, body weight, and plyometrics.		
<b>Power Pump:</b> Level 2, 3	Strength training class using adjustable barbells and dumbbells. Works to increase muscular strength and endurance.		
<b>*Qi Gong Healing Arts:</b> Level 1	Qi Gong is geared towards getting our Qi flowing and unblocking the Meridians in our body. Learn how to move your body in a gentle way that will get your energy flowing.		
<b>Spinning:</b> Level 1, 2, 3	This class simulates uphill climbs, jumps, sprints, and flat terrain. <b>(Limited bikes are available. Sign up the day of the class. Call 294-3500 to sign up)</b>		
<b>*Stretch:</b> Level 1	This beginner’s class is specifically focused on the individual with limited flexibility.		
<b>Strength Intervals:</b> Level 2, 3	This class focuses on functional movements that are varied at different intensities. The use of your own body weight and light weights will improve your stamina, strength, flexibility and power.		
<b>Turbo Kick (TBK):</b> Level 2, 3	TBK combines athletic moves, sports drills and hip hop flavor to deliver an ultimate kickboxing workout.		
<b>Tennis:</b> Level 1, 2, 3	Meet other Sandians that play tennis! Go to the Get Social Forum and start playing today! You can even reserve the courts for future matches. <a href="https://snl-wiki.sandia.gov/display/hub/Tennis">https://snl-wiki.sandia.gov/display/hub/Tennis</a>		
Class Levels			
<b>Level 1 (L- 1):</b>	Beginning level. Those who are new to exercise.		
<b>Level 2 (L- 2):</b>	Intermediate level. Those who have been exercising regularly and need more challenge.		
<b>Level 3 (L- 3):</b>	Advanced level. Those who need to add more challenge & variety to their workout.		
<b>*Classes:</b>	Classes marked with an * encourage participants to come in their work attire. No exercise clothes needed!		